

PANTHER PRESS



CITY CHAMPIONS

BATTLE OF THE BOOKS

ROSE MCLAUGHLIN

Battle of the Books is an afterschool club where the members of the team read a list of books and answer questions about them. Recently, the team took a test to try and make it into the city finals. We had to answer various questions on a google doc, with 3 rounds of 15 questions. Eventually, we finished, and waited for the results. We got them just a few days later, and learned that our team had gotten first in our district, and would be going to the City Finals!

On Saturday, May 3rd, all of the competing teams went to Lawndale High School for the city finals. First, the teams arrived and checked in. Everybody was given medals and gift bags. Then we were brought to the auditorium, where they gave opening remarks. Eventually they led the teams into separate rooms to compete. We were in the same room as Bell Elementary and Disney II. We wrote the answers on our whiteboards, and showed them when they called time. Overall, we answered 36 questions, and only got 4 wrong. When all of the questions had been answered, we went back to the auditorium.

In the auditorium, the author of one of the 7-8th grade books, Kate Hannigan, gave a presentation about WW2, and about her books in general. When she was done speaking, the results were to be announced. But the announcers got out chairs for the teams to sit in, and it was revealed that we had tied with Bell. The two teams went up on stage, and we had to do a lightning round. After about 6 questions, though, the opposing team got one wrong, and we got it right. The other teams were called on, and it was revealed that we had gotten first! Pictures were taken and we all got to hold the trophy, as well as a picture with the presenting author. We went back to the lobby to get pizza, and we also got the chance to get one of her books, and get it signed.



THE AMAZING MR. ROMAN

BELLA COSTILLA

Good morning, my lovely readers. It is a beautiful day for a paper in this wonderful school. You readers are the ones who make all of this possible by reading the articles of the Panther Press. This next addition of the paper is extra special. This man has been requested for some time by the Oriole Park students and staff. He is the beloved, the fantastic security guard Mr. Roman! Today we will be diving head first into his past job as a radio interviewer. Now the tides are reversed for I'm asking the hard questions of his past, not some famous person but our good pal Mr. Roman.

Our journey began in a brightly lit room as the sun was down and the day had a calming mood as the questions began. My first question was "What was the hardest part about being an interviewer?" His response was simply "trying to come up with questions no one else came up with. I try to come up with questions that are unique in their own way." When asked "Who was the most interesting person you have interviewed? Mr. Roman said "Jorge Lopez was the most interesting because when I first interviewed him no one knew who he really was and after my interview he was world famous. I like to see that transition with the people when I interview them." Mr. Roman really knows how to make a quote for himself doesn't he?

Next, I asked, "What are the perks of being an interviewer?" Mr. Roman replied with "Getting back stage access is one of the many perks. Free ticket to a concert and performances of the person I'm interviewing is also a good perk. But the backstage access is the coolest." The final question I asked was "What is the most exciting part about being an interviewer?" Mr. Roman replied with "The most exciting part is to watch the kids that would come and learn about radio interviewing and now becoming professional radio interviewers. To me that's the most exciting part. It was most important that they learned how to communicate and express themselves with others. Taking the knowledge, I taught them and going into the media makes me so proud." Big shout out to Mr. Roman for letting me have this wonderful interview with him. To my readers please go and read the other articles of the Panther Press. We put so much effort into what we do and I could say I am proud to be a part of this team and community of writing. Stay tuned for the next edition of the press and enjoy the newspaper.

The Summer Challenge: Your Goal to Learn Something New!

ABIGAIL RAMOS

School's almost out, and summer is finally around the corner! No more homework, early mornings, or tests. But did you know that summer is the perfect time to learn something new? Whether it's journaling, drawing, playing the guitar, or baking a yummy recipe. Summer can be the perfect time to find a brand-new hobby that you might really enjoy.

THE SUMMER SKILL



Step 1: Pick Your Interest

- Start by asking, "What have I always wanted to do?" Maybe you want to learn magic tricks, start a YouTube channel, play the guitar, or even a new language. Whatever it is, choose something that makes you motivated to actually work for!

Step 2: Break It Down Like a Boss

- Big goals can feel overwhelming. Break it down into smaller steps. For example, if your goal is to learn guitar, your plan might look like this:
 - Day 1: Learn how to hold the guitar and play a simple chord
 - Day 2: Try a few strings
 - Day 10: Be able to play your favorite song

Step 3: Practice a little every day

- Tell yourself you'll practice for just 15 minutes a day. That's shorter than the amount of time you would normally put into homework. Put it on your calendar or set an alarm on your phone. The more you practice, the more fun it becomes!

Step 4: Don't Be Afraid to Mess Up

- Learning something new means you'll make mistakes. That's totally normal! Every expert was once a beginner. Keep trying, laugh at your mistakes, get back up and try again. Remember - you're doing something awesome by just trying.

Step 5: Show Off and Celebrate

- At the end of Summer, you will be able to look back at all you have accomplished. Show your friends, and share it with your family. Depending on the hobby you chose, it may also help you for the rest of your life!

So, this Summer, grab that guitar, pair of roller-skates, cookbook, or whatever makes you excited. You might just discover a talent you didn't know you had!

Tik Tok on the Brain

BELLA COSTILLA

Hello readers, how are you all on this fine school day? Today we will be looking at the billion-dollar social media platform that we all love and adore, a place where you can do as much as your imagination allows you to. It can be a video creation from your experiences to dancing your heart out for millions to see. What you may not know is the social issues around the app. Health experts and scientists tell us how it affects your mental health. They say "this will hurt your mental health" or "this will make you less independent for yourself". All that stuff has been proven already and yet that has not lessened how much people spend on that app. But how exactly does the app affect the inner part of the brain? It's not just mentally, but physically as well for your body and the mind. Today readers will find these answers here in these pages of various articles. All the information you will find will be from reliable sources, not some cheap information found from AI.

TikTok often gives users quick rewards like a comment, or more views—triggering a release of **dopamine**, a chemical in your brain. According to a neuroscientist this can affect your connective functions affecting your ability to focus on activities like reading, or studying for extended periods. In an article about teen's adolescent brains **Dr. Jay Giedd**, a professor of **psychiatry** at UC San Diego says "All the brain's parts have their period of rapid explosive growth and then rapid pruning back." We lose "gray matter" and gain "white matter": myelin which forms an **insulating** sheath around nerve fibers. "We get more and more myelin, which speeds up the communication between nerve cells, as we go through adolescence." This would mean that in all our adolescent life during our time as a teen is where our brain grows and changes the most in our whole life. That is where social media and TikTok come into play. In an interview article with a neuroscientist Dr. Patrick Porter says "but any enhancement is a double-edged sword." The fast processing may be sharpened, but the capacity for deep focus and sustained attention declines—the neural circuits responsible for more deliberate, slower cognitive tasks actually weaken." This means that the more we are looking at TikTok the more the neural connection are destroyed in our brain making it harder for us to do non-screen tasks like chores or just reading a book, from getting too bored from those simple tasks all from one critical thing that make us so addicted to the social media. In the interview Dr. Patrick says, "Your brain is pumping out dopamine in an area called the nucleus accumbens in response to the entertaining elements of each new TikTok. Your brain likes the dopamine rush—that's the popular term for a sudden intense release of the feel-good hormone into the bloodstream—so much that now you're wired to take in more input (TikTok) to get the same effect."



This tells us the reason why we are so addicted to the dopamine that is released from watching TikTok and since our brain likes that we keep watching to get more of it released into the brain. Thank you, readers, for sticking around to the end of the article and checking